



United States
Department of the Interior
National Park Service



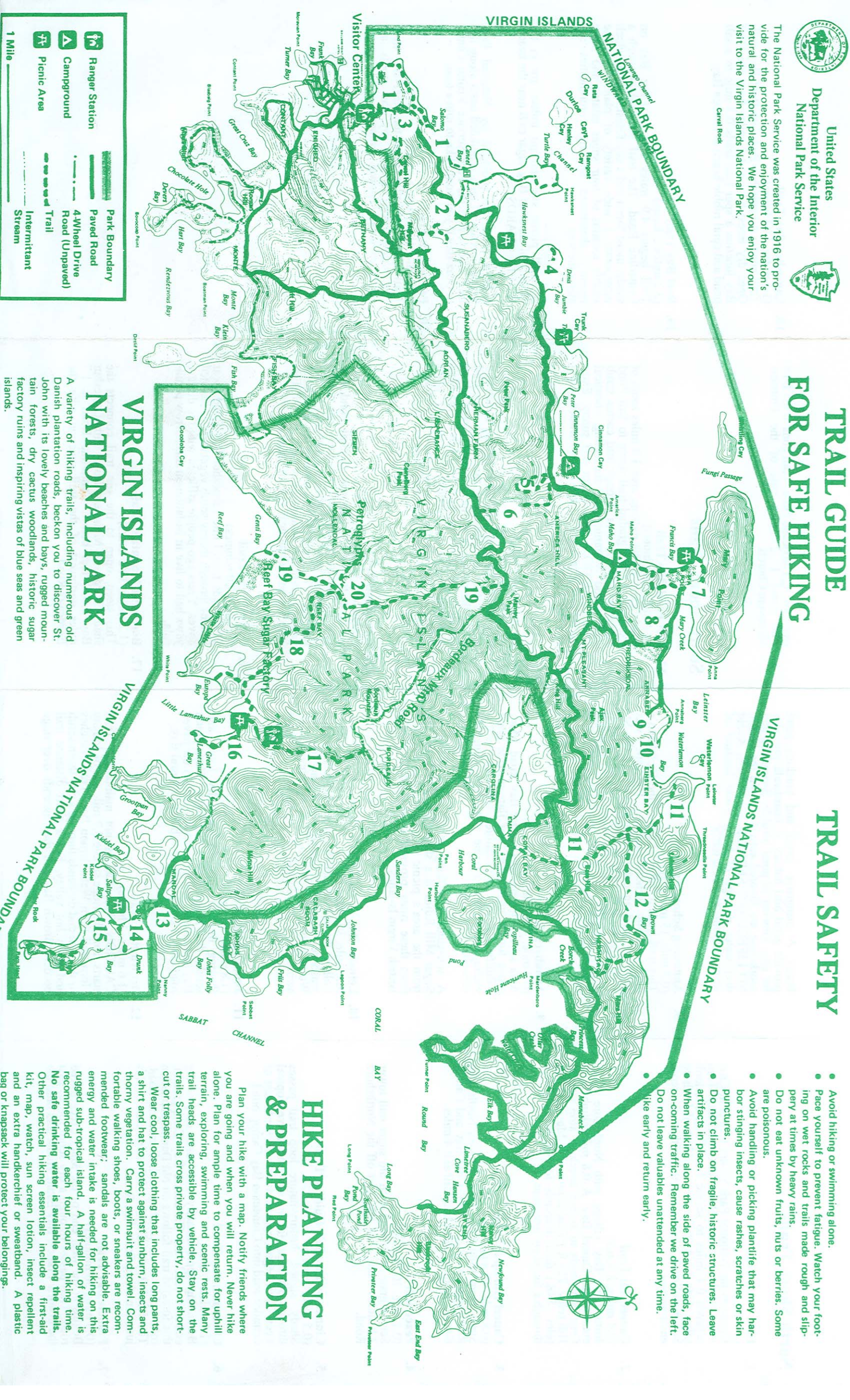
The National Park Service was created in 1916 to provide for the protection and enjoyment of the nation's natural and historic places. We hope you enjoy your visit to the Virgin Islands National Park.

Coral Rock

TRAIL GUIDE FOR SAFE HIKING

TRAIL SAFETY

- Avoid hiking or swimming alone.
- Pace yourself to prevent fatigue. Watch your footing on wet rocks and trails made rough and slippery at times by heavy rains.
- Do not eat unknown fruits, nuts or berries. Some are poisonous.
- Avoid handling or picking plantlife that may harbor stinging insects, cause rashes, scratches or skin punctures.
- Do not climb on fragile, historic structures. Leave artifacts in place.
- When walking along the side of paved roads, face on-coming traffic. Remember we drive on the left. Do not leave valuables unattended at any time.
- Hike early and return early.



VIRGIN ISLANDS NATIONAL PARK

NATIONAL PARK

A variety of hiking trails, including numerous old Danish plantation roads, beckon you to discover St. John with its lovely beaches and bays, rugged mountain forests, dry cactus woodlands, historic sugar factory ruins and inspiring vistas of blue seas and green islands.

HIKE PLANNING & PREPARATION

Plan your hike with a map. Notify friends where you are going and when you will return. Never hike alone. Plan for ample time to compensate for uphill terrain, exploring, swimming and scenic rests. Many trail heads are accessible by vehicle. Stay on the trails. Some trails cross private property, do not short-cut or trespass.

Wear cool, loose clothing that includes long pants, a shirt and hat to protect against sunburn, insects and thorny vegetation. Carry a swimsuit and towel. Comfortable walking shoes, boots, or sneakers are recommended footwear; sandals are not advisable. Extra energy and water intake is needed for hiking on this rugged sub-tropical island. A half-gallon of water is recommended for each four hours of hiking time. No safe drinking water is available along the trails. Other practical hiking essentials include a first-aid kit, map, watch, sun screen lotion, insect repellent and an extra handkerchief or sweatband. A plastic bag or knapsack will protect your belongings.